



## October Harvest

### Subscription Plans:

Full Share (feeds 4-6 adults) \$500=about \$25 per week

Half Share (feeds 2-3 adults) \$300=about \$15 per week

If you have questions when completing the subscription form, please email Michelle Jones, Marketing Manager, at

[michellejs8@hotmail.com](mailto:michellejs8@hotmail.com)

### Spinach

Recipe: [Warm Salad of Roasted Butternut Squash with Cranberry Vinaigrette, Hazelnuts and Chèvre Cheese](#) | PCC Natural Markets. Visit website to watch video demonstration.

### Salad mix

Recipe: [Yum Gai Mamuang \(Chicken Mango Salad\)](#) | PCC Natural Markets. Ingredients: chicken breast, mango, cilantro, cherry tomatoes, shallots, mixed salad greens, roasted cashews, fish sauce, lime juice, brown sugar, chili powder, red and green sweet peppers to garnish.

### Carrots

Recipe: [Succulent Rosemary Pot Roast with a Rainbow of Root Vegetables](#) | PCC Natural Markets. Visit website to watch video demonstration.

### Mustard greens

Recipe: [Peanut Sauce with Tofu & Mustard Greens](#) | PCC Natural Markets. Ingredients: peanut butter, garlic cloves, minced ginger, molasses, honey, toasted sesame oil, shoyu or tamari, balsamic vinegar, vegetable stock, extra virgin olive oil, tomatoes, tofu, fresh mustard greens.

### Radishes

Recipe: [Late Summer Tomato Bisque With Shaved Fennel Salad](#) | PCC Natural Markets. Visit website to watch video demonstration.

### Collard greens

Recipe: [Green & Orange Cabbage Salad](#) | PCC Natural Markets. Ingredients: olive oil, brown rice vinegar orange zest, cabbage, collard greens, carrot, green onions, ground black pepper, Juice of ½ orange.

### Shallots

Recipe: [Lentil Salad With Shallots And Chilies \(Ethiopia\)](#) | Cooks.com recipe search. Ingredients: dried lentils, red wine vinegar, vegetable oil, ground black pepper, hot chilies, and shallot cloves

**Baby bok choy**

Recipe: [Apple, Bok Choy and Carrot Slaw](#) | PCC Natural Markets. Ingredients: baby bok choy, lemon juice, safflower or sunflower oil, ginger, apple, carrot, coarse sea salt, ground pepper.

**Potatoes**

Recipe: [Succulent Rosemary Pot Roast with a Rainbow of Root Vegetables](#) | PCC Natural Markets. Visit website to watch video demonstration.

**Beets**

Recipe: [Elizabeth Tatarinoff's Winter Borscht](#) | PCC Natural Markets. Visit website to watch video demonstration.

Compliments of PCC Markets Recipe Search. Go to [www.pccnaturalmarkets.com/](http://www.pccnaturalmarkets.com/) and [www.cooks.com](http://www.cooks.com) for recipe detail or more recipes.

Seattle Market Gardens Subscription Plans: Full share (feeds 4-6 adults) \$500 or \$25 per week. Half share (feeds 2-3 adults) \$300 or \$15 per week

To subscribe, go to <http://seattlemarketgardens.org/> and complete the application and mail it to P-Patch Community Gardening Program, 2301 South Jackson Street, Suite 208, Seattle, WA 98144. If you have questions when completing the subscription form, please email Michelle Jones, Marketing Manager, at [michellej58@hotmail.com](mailto:michellej58@hotmail.com)